

# **Download When Words Hurt How To Keep Criticism From Undermining Your Self Esteem**

dealing with a narcissist – 8 steps to raise self-esteem and set boundaries with difficult people  
The Six Pillars of Self-Esteem. Over more than four decades of practicing psychotherapy, I have been preoccupied with the question of what people are doing right when they are strengthening their self-esteem and what they are doing wrong when they are undermining it. People with low self-esteem (typical of codependents) will accept abuse more easily for many reasons. Codependents can also be passive-aggressive until they learn to be assertive, which also raises self-esteem. If you are in a life threatening situation, do NOT use this site. Call the 24-hr National Suicide Prevention Lifeline at 1.800.273.8255. Your call will be routed to the crisis center near you.